

What are the Types of Fats in Food?

The main types of fats in foods are monounsaturated, polyunsaturated, saturated and hydrogenated or *trans* fats. Saturated and hydrogenated fats raise cholesterol. Choose foods with the least amount of saturated fat.

Monounsaturated



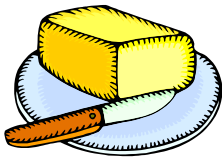
Olive oil and canola oil:
use these fats for cooking
Hazelnuts, almonds, avocados
Fish

Polyunsaturated



Most vegetable oils
Sunflower, Safflower, Corn oil
Most nuts and seeds

Saturated



Animal fats from meat, and chicken
Dairy products
Butter and Lard
Coconut oil, palm and palm kernel oil

Hydrogenated Fats



Shortening in the can
Many fats used in processed foods
“Partially hydrogenated oil”
May be labeled as *trans fat*